

## How to use your Elbow Crutches

Ensure your arms are secured in the cuff if using crutches.

Place crutches a short distance in front of you and wide enough for you to get between them safely. Then lean on the crutches putting your weight through your hands onto the crutches. Hop to the crutches with your good leg.

### Getting Up:

The crutches should be near the arms of the chair.

Put your hands on the arms of the chair, lean forwards and push yourself up to stand.

Ensure your arms are secured in the cuff if using elbow crutches before holding the handles.

Always pause for a few seconds before walking off.

### Sitting down:

When returning to the chair, turn until you feel the chair against the back of both legs.

Release your arms from the cuff if using crutches.

Put the crutches down close to you.

Place your hands on the arms of the chair, bend forward and slowly lower yourself into the chair.

## Stairs.

GOING UP: Push on crutch & rail & hop up onto step with uninjured leg.

If you feel too unsafe you can sit down & raise your bottom to next step using hands & uninjured leg.

GOING DOWN: Using crutch & handrail, carefully lower your weight through your hands & hop down onto next step.

If you feel too unsafe you can sit down & lower your bottom to the next step using your hands & uninjured leg.

## General Safety

Remove any loose mats and rugs to prevent tripping

Make sure lighting is adequate around the house

Wear flat supportive shoes that fit well.

Be aware of hazards including wet floors, uneven surfaces, wet leaves, ice and carrying too many bags.

When no longer needed please return to your local Emergency Department or Minor Injuries unit.